



Why sleep should be your highest priority

Constantly feeling tired? Having trouble keeping your children in bed at night? Worrying and stressing instead of sleeping? Dr Helen Stallman explains how to get a good night's sleep and the fascinating behaviour of sleepwalking. [more...](#)

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From poverty to petroleum entrepreneur

Strike Petroleum founder Andrew Wong overcame the poverty that pervaded his childhood to become a leader in the South East Asia oil industry. [more...](#)

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Better treatment of viral diseases including the flu and common cold

Professor Doug Brooks has teamed up with researchers at RMIT and universities from around the world to potentially unlock the door to better treatment of viral diseases including the flu and common cold. [more...](#)

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Highly-regarded champion for human rights

UniSA alumna Dr Jill McRae is a passionate advocate of civil and political rights. She is currently dedicating her time and efforts to the vulnerable Syrian victims of conflict, and has a long history as an esteemed peace-maker. [more...](#)

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Engineering a successful business

Business owner Tim Bartrop has had a steady career climbing through the ranks over the course of his working life. From graduate to owning an \$18 million dollar business, Tim is the exemplifier of hard work and dedication. [more...](#)

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In the inaugural Mansfield Lecture the Honourable Justice Mansfield AM QC will focus on the Native Title Act 1993 and Australia's response following Mabo.
- 18 AUG** **Transformational Philanthropy - The case of the Arts - Adelaide**
For managers in the non profit sector this lively breakfast presentation by Kenneth Watkins and Jennifer Radbourne, authors of the recently published Philanthropy and the Arts, addresses a new approach to philanthropy. Early Bird tickets available.
- 20 AUG** **UniSA Open Day – Adelaide**
Your opportunity to visit the City West and City East Campuses and talk to staff and students about studying Australia's university of enterprise.
- 24 AUG** **3 minutes could change our world – Adelaide**
3MT® is a national competition celebrating the research undertaken by PhD students. For a chance to represent UniSA at the Asia-Pacific 3MT® Final, our students will present their research to you using 1 slide, and in just 3 minutes.
- 27 AUG** **UniSA Open Day – Whyalla**
Attend our Whyalla Campus Open Day and speak to staff and students about the study options available in the region including: education, nursing, social work, engineering and business.
- 28-29 AUG** **Innovation in European and Australian Mobilities – Adelaide**
National and international experts will debate current developments in global voluntary and enforced migration and travel with a special focus on the digital revolution.
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Why sleep should be your highest priority

Dr Helen Stallman

Senior Lecturer, **Centre for Sleep Research**
School of Psychology, Social Work and Social Policy

Getting sound, uninterrupted, sleep for seven to nine hours each night is incredibly important for healthy adults to function at their best. Unfortunately, most get too little. Dr Helen Stallman explains how to get a better night's rest and why sleep should be everyone's highest priority.



"If you are going to do one thing well in your life, it should be sleep," says Dr Stallman.

"Our memory, mood, capacity to learn and how we function is all affected by how well we sleep.

"The ideal number of hours is different for everyone, but generally a healthy adult needs seven to nine hours each night to function properly."

Most adults don't get enough sleep, particularly in our current environment. With the rise in technology, we now have devices and entertainment to distract us all hours of the night. To have better sleep, Dr Stallman recommends creating a nice and calming environment that promotes sleep.

"If your brain associates your bed with a wide range of activities then it will be harder for you to sleep well.

"Remove the TV from the room, don't eat in bed, and make sure your mobile phone and other electronic devices are out of the bedroom."

Like many of us, stress or having a busy brain full of ideas can make it difficult to even fall asleep in the first place.

"If you are worrying about something, I suggest keeping a notebook next to your bed to record thoughts or plans. It will allow your mind to let go of that thought and pick it up again when you are awake the next day.

"If you are stressed, try mindfulness as a strategy. This means focusing on the moment and the now. Bad thoughts can take you on a long journey and stop you mind calming down to fall asleep. Try calming your mind by just noticing your breathing or create a calming, pleasant scene in your mind. Walk yourself through this scene very slowly to relax.

"Also, don't take sleeping tablets – unless prescribed by a medical professional – as they disrupt your sleeping architecture and won't help you sleep better in the long-term."

During the day, a couple of small changes to your routine can also help you have better sleep.

"It's best not to have any caffeine after 12pm, don't eat after 7pm or drink alcohol. People who are having trouble sleeping shouldn't nap during the day either as this can affect your sleep at night."

"Ultimately, the best trick to reset your clock is to go camping for two weeks and you will get your sleeping pattern back. There are no distractions and you will be encouraged to sleep by the night sky and wake up when the sun comes up."

It is very common for parents to have children sleeping poorly during the night – waking up at all hours and not wanting to go to bed in the first place. Dr Stallman recommends parents instilling strict bedtimes and routines.

"Children need sleep routines and they love to push boundaries. If they are sleeping in their own room and continue getting up during the night, just put them straight back to bed and don't give them any attention or engage in a conversation. Keep repeating this.

"It is also really important to have a wind down routine before bed so their brains learn that sleep is coming. This could be by brushing teeth, reading a book together, and then putting them to bed."

Dr Stallman also researches the fascinating behaviour of sleepwalking. Sleepwalking is one of a number of behaviours that can occur during deep sleep, also known as the Non-REM period of sleep. Behaviours include talking, sitting up, making odd body movements, or even getting up and walking around.

Up to 10% of people sleepwalk in their lifetime. However this number may be higher, as sleepwalkers usually don't remember doing it, so it cannot be reported unless someone sees them.

"Troublingly, 90% of sleepwalkers have had bruises and other injuries as they misperceive their environment. Sleepwalkers can also cause injury to their partners with their flailing limbs. On rare occasions, sleepwalkers have been violent towards others, thinking they were responding to someone threatening.

"It is not yet known why some people sleepwalk and others do not. If you or someone in your family is a sleepwalker there are some things you can do to help minimise the risk of injury, including keeping furniture in the same place and not having things left on the floor that could be a tripping hazard.

"If someone in your home is sleepwalking, it is best to just tell them to go back to bed, or gently lead them to their room.

"It was once thought you shouldn't wake a sleepwalker because it could harm them – there is no evidence for this. But because they are in the deepest stage of sleep, they will be confused and perhaps irritable if woken."

Dr Stallman's best piece of advice is to prioritise sleep.

"Sleep should be your number one priority – work the rest of your life around it."



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From poverty to petroleum entrepreneur

Andrew Wong

Founder, Strike Petroleum Pte Ltd
Certified Independent Director (SID)
Master of Business Administration (MBA)

Hard work and perseverance to overcome the poverty that pervaded his childhood has led Mr Andrew Wong to excel at his chosen profession and become a successful entrepreneur in the South East Asia oil industry.

After graduating from a MBA at the University of South Australia, Mr Wong was inspired to start his own petroleum company, Strike Petroleum Pte Ltd, based in Singapore – cementing his place as an authority in a field he has now worked in for 45 years.

It was not an easy decision to make but it certainly turned out to be the right one. Now, 17 years on, Strike Petroleum is going from strength to strength in an industry predicted by Global Market Insights to be worth over \$13 billion USD by 2023.

Mr Wong's career has been an extraordinary example of a whole-hearted approach to realising a life of his own making – to fulfil his vision and dreams and to ensure his family does not live in poverty.

"I tell people, without apology, that I was brought up from a poor family and had the privilege to know what poverty means to me. So my desire in life was to get out of it," says Mr Wong.

When he was hardly a year old, Andrew's mother took her children (Andrew and three older sisters) by wooden boat from Singapore to her ancestral home of Hainan Island, China.

"She had hoped, at least, that we would not go hungry as her mother owned a padi (rice) field. But we soon discovered it was not what she had expected and that we were all required to work hard in the fields in order to survive. When I was six, my eldest sister wrote to our father to tell him how miserable life was there and he applied for a visa to return us all back to Singapore.

"Being poor is not shameful, because it is not your own doing but the circumstances you are in. One can rise up by taking a good look at the intrinsic strengths within and start to build up a vision to achieve one's goal in life."

After completing his Singapore-Cambridge 'O' Level Examination and understanding that his parents would not be able to afford to help him finance tertiary education, Mr Wong decided to pursue a career as a teacher. The Singapore system allowed him to study and work in the profession in order to achieve his qualification, which he completed while also serving his mandatory National Service.

Then in 1972, Mr Wong decided to take an opportunity to work in the Marine Marketing Division at BP Singapore. This was his first foray into the oil industry where he discovered a passion for the industry due to its highly service-oriented nature. He also discovered a passion for marketing and business development.

"Everyone has an intrinsic value to discover and no one is 'good for nothing'. In my early years I was quick to discover my strengths and interests but I also had challenges to overcome.

"I made the mistake of comparing myself to other sales people, who were long in the industry and all have the 'gift of the gab' – so I felt intimidated at times. But I quickly learnt that my clients preferred my 'listening ear' to their needs and how sincere I was in my service to them so I took a different path from my colleagues and our sales were the highest in the company."

For the next 25 years Mr Wong worked for a number of petroleum companies, most notably as Deputy Managing Director cum General Manager of the Multi-National Company ELF's Singapore Division (now merged with Total Oil) – a role he held for 17 years.

"During this time there were many interesting opportunities to learn, particularly when my French boss at ELF asked me to venture and carry out business developments in Malaysia, Indonesia, Thailand, Myanmar, Cambodia and Vietnam, where I realised I also had a talent for resolving cross-cultural challenges.

"During my tenure at ELF I had the privilege of attending international symposium meetings in interesting places like Madeira and Morocco. I also won the 1990 Best Determines Meilleur Vendeur and received a two-week paid holiday to Spain to watch the Formula 1 in Barcelona!"

Mr Wong said that being brought up in a poor family where his siblings were not able to access university, made pursuing higher education a life-long goal. In 1994, while working at ELF, he decided to enrol in the University of South Australia MBA Distance Learning Degree.

"I was in the 5th Intake of UniSA's MBA program. The uniqueness of this course was that it had an ALP (Action Learning Project) to be submitted at the last semester of our course. The ALP has truly helped me in my career as I often think five years ahead of what we do. Someone said 'change is the only constant,' which is so true – especially in marketing where some sales strategies and methods can be obsolete or changed over time."

Mr Wong is quick to point out that running a business holds many challenges that require determination to overcome – but there are key lessons that can be learnt to sustain success.

"When running your own company it is important to be focused and devoted to your core business and to never give up. It can be trying and challenging at times – or most of the time – but customers and associates look for such companies which can give good returns in providing reliable goods and services for the long haul."

"I have learnt the curves of three recessions in my career," said Mr Wong, describing how the marine industry can be particularly at risk during economic uncertainty. However, having weathered economic ups and downs Mr Wong kept his company in good health throughout the downturn, even securing a fully paid 60 year property lease in 2009.

Now, Mr Wong has found some time in his busy schedule to join the esteemed University of South Australia Singapore Alumni Committee to help other alumni attain their own aspirations and support the work of the university in the region.



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Better treatment of viral diseases including the flu and common cold

Professor Doug Brooks

School of Pharmacy and Medical Sciences

University of South Australia

The University of South Australia has teamed up with researchers at RMIT and universities from around the world to potentially unlock the door to better treatment of viral diseases including the flu and common cold.

The results of the research partnership including UniSA's Professor Doug Brooks, scientists at RMIT University in Melbourne and Dublin University, have been published in the scientific and medical journal *Nature Communications*.

It is estimated that the flu virus sends an average of 13,500 people to hospital each year and causes more than 3,000 deaths among Australians aged over 50, according to official statistics. The global burden is also staggering with more than 5 million cases of infection annually with up to 10% resulting in death.



UniSA's Professor Doug Brooks collaborated with RMIT's senior authors Dr Stavros Selemidis (ARC Future Fellow) and Dr Eunice To (first author), Professor John O'Leary from Trinity College (Dublin), Professor Christopher Porter from Monash University and other scientists and clinicians to investigate how viruses cause disease in humans.

The study discovered that an ancient cell biological process found in plants, fungi and mammals, enhances viral disease in mice and highly likely the disease in humans.

They identified a protein, called Nox2 oxidase that was activated by viruses, including influenza, the common cold, Dengue and HIV and this caused increased disease in mice. The study also investigated a new prototype drug to treat these debilitating viral diseases.

Dr Selemidis, head of the Oxidant and Inflammation Biology Group at RMIT University said: "Current treatment strategies are limited as they specifically target circulating viruses and have either unknown or very little effect against new viruses that enter the human population.

"The study identifies a protein of the immune system that contributes to the disease caused by flu viruses, irrespective of their strain.

"It also developed a novel drug delivery system to target this protein, which drastically alleviated the burden of viral disease in mice.

Prof Brooks said this was very significant as "The novel prototype drug led to rapid clearance of lung disease and provided evidence to warrant clinical trials in humans."

Dr Selemidis praised all involved saying, "The strength of this work is the multidisciplinary approach taken and the degree of collaboration. It includes researchers and clinicians from eight universities across Australia, the United States and Ireland".

"This work identifies a treatment strategy that has the potential to alleviate the symptoms caused by some of the most devastating viruses worldwide, including the flu," Dr Eunice To said.

This research was funded nationally by the National Health and Medical Research Council of Australia and the Australian Research Council.

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Highly regarded champion for human rights

Dr Jill McRae

Bachelor of Distance Education (1988)

CEO, International Campaign for Humanitarian Relief of Syria Inc

Dr Jill McRae is a passionate advocate of civil and political rights. As the CEO of International Campaign for Humanitarian Relief of Syria Inc (ICHR), she is currently working to help Syrians, especially women, children and the elderly living in refugee camps.



A dedicated and highly regarded champion for human rights, Dr McRae is appropriately suited to her current position having achieved an esteemed peace making career. Dr McRae has written extensively on international and regional peace initiatives, notably on Bougainville, West Papua, Ireland, the former Yugoslavia, and the Middle East. She is also a frequent guest lecturer, international consultant and conference delegate, mediator, scholar and esteemed poet.

Since 2014 Dr McRae has been dedicating her time and effort to the people affected by the Syrian conflict.

"In February 2014 the Syria Peace Talks failed in Geneva. At that point I got in touch with Hadi Bourghiba, an Imam from Auburn in Sydney and a friend of long-standing (he is also the unofficial head of the Libyan community in Australia). Together we set up Saving Syria! The International Campaign for the Humanitarian Relief of Syria," says Dr McRae.

"Every week I compose and send out the Syria Newsbeat; this week will be the 119th. It is well-received, in particular because coverage of the conflict in the Australian media is less than satisfactory."

One of ICHR's immediate priorities is to raise funding to establish a radio station in Jordan that is exclusively for the use of Syrians and dedicated to improving and facilitating communication amongst these groups.

"We want to establish a radio station in Jordan. The radio station means we can dedicate ourselves to helping the Syrians stay in touch with each other; that is their priority. Once established the station will be run by Syrian refugees, and will be for Syrian refugees, who are in camps and towns throughout the region."

In addition to aiding the Middle East crisis, Dr McRae has travelled all over the world and worked on undoubtedly crucial projects, including the Australian federal policy change to destroy landmines. However, it is her ventures with native linguistic policy that resonates with her the most.

"All over the Pacific small island states respective education ministries were jettisoning the native languages as soon as children were at school (during the mid-to-late 1980s and early 1990s). They treated these unique languages as though they were unnecessary, and an impediment to acquiring 'good' English, the international language of renown.

"Linguistically that behaviour is suicide, as anyone with any knowledge of how we acquire language will tell you. I was influential in changing the policy in any number of Pacific Island countries, including the production of attractive books for younger kids in the languages of the region. Ironically my doctoral studies ended up in the area of meta-linguistics."



Dr McRae's Harvard work in Native American metalinguistics and narratives has received international recognition.

"In Maine I discovered a collection of Native American stories that North American scholars had overlooked. It is a study (the thesis, that is) that has made its way from library to library across the campuses of US, I am relieved to report (if not a little surprised)."

Growing up in rural New South Wales, Dr McRae did not envisage completing 13 university degrees – including at the prestigious Kennedy School of Government, Harvard – and a substantial record in the field of international development and peace making.

"I'm a Narrabri kinda gal, who grew up in the fifties and sixties," says Dr McRae

"Nobody gave me any attention or encouragement until I got to Armidale Teachers College, at the age of 17. When I was at the ATC, Dylan Thomas changed my life. I heard Under Milk Wood, the play for voices that is arguably his best-known work and darn near cried with astonishment. I wrote this poem about him, and it won the college prize for poetry. Gave me a bit of confidence, see, to keep on with the poetry thing.

"It's what landed me in Seamus Heaney's course at Harvard - it was a course for poets, not about poetry."

Seamus Heaney announced he would make his selection of students based on the poems they wrote and poked under his door.

"When Seamus put up the list, mine was the very last name. Seamus gave only two of us an A. At the end of the course he saw us individually, and handed out a page he had written about our poetry.

"Seamus got the Nobel for Literature the year after he taught me, though I think we can assume these two events are not causally related. Getting into that course, and the A are the things I'm proudest of, by a country mile.

"I didn't acquire the degrees to become anything other than educated; that was ever my purpose... I wanted only to understand; it is a simple enough ambition.

"Have had the life of Riley, if you simply must know and it ain't even over yet. Watch this space is my advice, okay?"



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Engineering a successful business

Tim Bartrop

Bachelor of Engineering, Graduate Diploma in Business Administration

Owner and Engineer at Dr Tim's Auto Engineering

Engineer turned business owner Tim Bartrop has had a steady career climbing through the ranks over the course of his working life. From initially studying a Bachelor of Engineering at the University of South Australia, to owning an \$18 million business, to returning a failing business to profit, and now running Dr Tim's Auto Engineering as a retirement hobby, Tim is the exemplifier of hard work and dedication.



For the majority of his career Tim was Managing Director of metal fabricators Barfab Pty Ltd, though he admits he was initially sceptical about taking on the role when it was offered to him by ABB Australia. Even with a pre-existing customer base and an established shop, Tim had trouble breaking out of the employee mould, so he and his wife decided to journey down to Adelaide during the Christmas break and consider their options.

"Halfway through the holiday my wife and I agreed we should take the leap into business so we packed up and left early to go back and tell ABB that we would accept the offer to sell us their fabrication shop," says Tim.

From there Tim applied his tenacious attitude to the business, changing it from a small store into a business with an \$18 million turnover and 100 employees working under him.

"Nothing in general employment prepares you for your own business where you are responsible for the final result and the money involved.

"So the learning involves building confidence in yourself, developing character, having people skills, and being customer focused."

One of the keys to Barfab's – and by extension Tim's – success has been the training and up-skilling program that was put in place for its employees. Tim says valuing employees is critical in running an effective operation, with the program and extra training not only creating better employees, but an overall better working environment.

"Employees are more productive and loyal when they are achieving job satisfaction and personal development through training and challenging work.

"Our apprentices rose through our training system and became valuable employees, holding positions of leading hands, supervisors, and site managers – so our training paid off many times over."

After over 15 years running Barfab, Tim decided it was time to retire. However, before he was able to do so, he was approached by Stoddart Steel House Frames. The business had suffered substantial losses for the past two years and asked Tim to come on board and help out. From 2013 to 2015, Tim took his strong work ethic and applied it to Stoddart. Within the two years he was able to bring them back to profitability.

Before taking on the reins at Barfab, Tim had a very stable career, always seeking out the next step to further himself. After finishing his Bachelor of Engineering at UniSA, Tim became an Engineering Manager at Pirelli Ericsson Cables at 27, followed by becoming Divisional Manager for Tyree Westinghouse Transformers at 30.

"I thought then that it was a good time to get some management theory at that stage, and did a Graduate Diploma in Business.

"At the age of 34 I was able to rise to the role of General Manager for Stratco, thanks to the mix of practical and theoretical background that I had by then."

Tim says that when he started out as an engineer, he could see each individual step that was in front of him, but was not aware of the overall staircase he was walking up.

Tim's time at Barfab allowed him to travel all around the globe for both work and leisure, particularly in places where he did extensive business such as China. This has continued in retirement, with Tim and his wife learning more not just about the world around them, but about themselves too.

"Since Barfab we have continued to see more of the USA, Canada, France, Germany, Russia, Italy, UAE, Spain, and Portugal.

"We have found that travel is very relaxing and brings us closer together but also puts the world, life, and humanity in context through history.

"Travel has made my wife and I much more tolerant, giving us fantastic emotional intelligence."



Even when Tim is not off traveling the world, he still keeps busy. After hanging up the uniform, Tim knew he could not let his hands be idle. He was quick to open up Dr Tim's Auto Engineering, a retirement hobby he runs from home.

"My hobby business keeps me active, meeting people, solving problems, and earning money.

"It's very important to be active and have goals to remain young in your mind and to be fit and mentally challenged."



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